

# FITSTEPS FAB

**1**leisure  
have fun, get fit, stay fit

Medina

A lighter intensity, lower impact class which is still high on fun!



**FITSTEPS FAB = FOR ALL BODIES**

**CLASSIC DANCE GENRES**

**FABULOUS FUN WORKOUT!**

**[WWW.1LEISURE.CO.UK](http://WWW.1LEISURE.CO.UK)**

## FACTFILE

### DURATION

55 MINUTES

### INTENSITY

LOW TO MODERATE

### CALORIES BURNED

UP TO 600

### AGE RANGE

14+

### SUITABLE FOR BEGINNERS

YES

### GOLD CARD

YES

### SILVER CARD

NO

## PRICES

Adult .....	£6	Junior .....	£3.40
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## WHAT

Fitsteps FAB combines classic dance genres like the Bossa Nova and Foxtrot right through to the Flamenco and Argentinian Tango to create a FABulous fun workout for those who love to dance!

## FAQ'S

### How fit do I need to be?

Fitsteps FAB is perfect for all levels of fitness and ability. Our instructors can tailor movements for all abilities.

## WHY

Fitsteps FAB is perfect for those who love to dance but prefer a lighter intensity and lower impact class which is still high on fun. More dancing, less impact on the joints!

### What do I need to bring?

Bring a towel and a water bottle. Wear comfortable sportswear and trainers.

**TO HAVE 1LEISURE AT YOUR FINGERTIPS DOWNLOAD OUR APP – SEARCH: 1LEISURE**

**Tel: 01983 823880**

**[www.1leisure.co.uk](http://www.1leisure.co.uk)**

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1Leisure supports  
*My life  
a full life®*

**one1card**  
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The One Card gives unlimited access to selected sports and leisure activities, subject to availability, provided by the Isle of Wight Council. There are cards for adults, students and juniors with flexible payment options.